
### Velvet Bands as Trimmings.

Black velvet bands and straps are quite the most general fashion note, pervading almost all styles of gowns at the moment. From lace to cloth, and on organdies and silk muslins, the narrow velvet trimmings are almost universal, and though all kinds of sashes are worn, those of broad black velvet ribbon with colored linings are the most affected.

The brightly colored linings in these sashes, which are the latest Parisian fad, add a charming new note of color to the gown.—Harper's Bazar.

### Victoria Loves Her Garden.

Queen Victoria is said to have a knowledge of every detail not only of the various houses, but also of the parks and gardens connected with the many royal palaces, which is wonderful. Within a very few hours of the court arriving at Osborne the Queen makes a tour of these gardens which are close to the house, her first visit generally being paid to the lovely myrtle painted by the Prince Consort in 1858 from a sprig taken from the Empress Frederick's wedding nosegay. The sprig flourished, and is now a fine bush, and during the last 40 years it has supplied innumerable pieces of myrtle for the embellishment of royal bridal bouquets.

### When Perfectly Proportioned.

The upper arm of the perfectly formed woman should end at the waist line, so that she can rest her elbow on a table while standing erect, and her forearm should extend to a point permitting the fingers to mark a point just below the middle of the thigh. Her neck should be of the same circumference.

A plumb line dropped from a point marked by the tip of her nose will fall at a point one inch in front of her great toe. Her shoulders and her hips will make a straight line drawn up and down. Her waist will taper gradually to 26 inches, her hips will measure from six to 10 inches, more than this, and her waist will call for a belt from 22 to 28 inches, if her height be from five feet three to five feet seven inches, says a writer in Woman's Life. She should measure from her waist to her feet about a foot more than from the waist to the crown of the head, and her shoes should show a number half that of her glove. A "No. 6 hand," for instance, should be accompanied by a No. 3 shoe. Her weight, for the heights given, should be from 125 to 140 pounds.

### Just a Little Wrinkle.

It is considered fashionable just now to address a personal letter or an invitation to some entertainment with a certain addition. This is in the nature of a prefix and it really adds to the formal appearance of the envelope. Slightly to the left of the address and always above it, never on the same line with it, put the word "For" or else "To," besides the usual superscription. For

Miss Van Alen
To or
Mr. Oliver Hazard.

This is never used in writing a business communication, but it is much liked on personal correspondence. It is a mark of personal consideration, to be a recognition of the dignity of the personage to whom the letter is addressed. No doubt it is the American adaption of the stately old French form of addressing the envelope of a letter: "Mme. a Mlle.—, or "M. a Mme.—" At all events the formality is a pleasing one.

Take notice when the mail bags are next distributed and you will see missives in the fashionable feminine handwriting of the present day with the prefixed preposition duly in place. The sending of a letter in some wise resembles the sending of a gift. Anything which adds to the consequence of the individual to whom it is addressed gives him or her additional pleasure.—Philadelphia Record.

### Physical Culture for Women.

All women cannot have perfect features. All women can and should have perfect forms. Physical exercise, taken judiciously—the right amount at the right time—will work miracles with the "female form divine."

Ten times out of a dozen the female form is anything but "divine." This is the fault of parents, environment, laziness, overeating, tight lacing and many other things.

Men all the world over prefer beauty of form to any other attraction or charm in women. For this preference they exhibit excellent philosophy as well as excellent taste. For a woman with a beautiful form is also a woman with a beautiful temper and beautiful health. And the possession of the two means perfect happiness to any mortal man.

Some women fear that physical culture spoils the round symmetry of form. This is an absolutely erroneous idea. On the contrary, it gives to the body strength, grace and exquisite beauty, rounding out angles and accentuating curves.

The first important rule for women who take up physical culture—not as a fad, but as an aid to health and beauty—is moderation. The great trouble with the sex is that it is apt to overdo along the line of work as along many others which but recently opened up to it. The result is always disastrous.

Women must bear in mind that they are not training as prize fighters; they are striving to get their bodies into good physical condition. Their efforts are for health, strength, suppleness; a body symmetrically beautiful and free from all superfluous flesh, a mind alert, tranquil and not easily ruffled. These aims are the objects of physical culture.

Walking is superb exercise. There is no other that can equal it for all around good results. But in order to develop symmetrical beauty of limb, arm and muscle other exercises must be added to it.

The best thing for a woman anxious to try physical culture is to take a few lessons from a thoroughly competent teacher, as it is almost impossible to accurately describe the different exercises without practical illustration. Then she can practice them at home.

The best time to exercise is just on stepping out of bed in the morning.

Be sure to have plenty of fresh air when exercising; otherwise you do yourself more harm than good. Never exercise to the point of fatigue. Continue each exercise until the muscles used in the particular exercise are slightly fatigued. Then desist and try the next. Be sure and adopt a system of exercise that will equally develop the upper and lower parts of the body. To not develop legs and muscles to the detriment of chest and waist; always remember that symmetry is beauty.

A woman of weakly or sickly constitution should not at first attempt the very vigorous movements, but as she gains in strength she may successfully adopt them.

Gymnastics and athletics develop mind as well as body. They bring the motor nerves into play and thus accelerate the brain's activity.

Good health also means success in life. Every one likes the wholesome, rosy cheeked woman; she is invariably good tempered and charming.

Some philosophical writer says there is no such thing as a red cheeked criminal. He might have added that there is no such thing as a rosy cheeked shrew.

Some women imagine that exercise, especially the different gymnastic exercises, tend to increase the size of the waist. That this is not so is amply proved by the fact that all strong, active athletic men have proverbially small waists in comparison to their size and chest development. On the contrary, persons who lead sedentary lives always commence to put on fat at the waist line.

Tight lacing really increases the size of woman's waist, for lacing weakens the waist muscles, renders them flaccid and inactive, so that when the corset pressure is removed they fall about and spread, and the result is a large increase in the natural waist measurement.—New York Herald.


The craze for gold trimmings is developing in a most effective way through combination with heavy lace.

A new garniture much in favor consists of rings of guipure linked one through the other and applied as a band.

Automobile coats for autumn wear are shown in cranberry red cloth, heavily strapped, severely plain, and three-quarter length.

The abbe collar, made of linen or wired lace and turning down in tabs in front like a priest's collar, is a fancy of the moment in Paris.

Broad velvet cravats and girdles, gold fringed and drawn through gold clasps, are worn with soft wool morning gowns, for which they furnish almost the only trimming.

Around the edge of many of the boleros on the new wool gowns there are, instead of the ordinary lace border, embroidered holes, through which is drawn velvet ribbon or soft lace or chiffon ending in choux on the bust.

Boleros of guipure, point de Venise, Carrickross, etc., are applied upon gold tissue and finished with gold buttons or fassels. Bands of the lace also are applied to bands of gold tissue and used upon cloth or silk with excellent results.

Point d' esprit, on which are applied trailing sprays of lace, is to be one of the most popular materials for young girls' evening gowns during the winter. It is more durable than chiffon or mousseline and achieves considerable distinction through skilful use of the lace.

A new trimming much in use among Paris dressmakers is a scallop of glace silk united to a scalloped edge of the gown material by openwork herring-boning. The herring-boning is seen also above flounce hems, down skirt gores, and, in fact, wherever an openwork effect is desirable.

Tucking, edged with narrow gold lace, is seen in the vests of wool gowns; and a particularly good finish for the bottom of a skirt is furnished by a number of wide folds, looking like deep tucks, and edged with gold lace. It is said that gold lace will also figure largely in winter millinery.

The three-quarter length coats seem destined to take the place of the trailing coats of last season, so far as severe cloth coats are concerned. They will be much more easily handled and will accumulate fewer germs; but they cut the skirt length sadly, and only a tall, slim woman can wear them well.


### Plowing Cow Peas Under.

When cow peas produce pods and the pods begin to turn yellow, they should be plowed under. If grown for hay cut the vines when the pods are about four inches long. When grown as a manurial crop the longer the vines remain on the ground before they are plowed under the more nodules will be formed on the roots, hence the more nitrogen added to the soil.

### Food for Laying Hens.

For our laying hens we prepare the food as follows: We get green bones and bony meat that are suitable to run through the bone cutter, are pulled out; the rest we put into a large iron kettle, and boil them until the whole is thoroughly cooked; then we pick out the bones, and mix with the soup, or broth, chopped clover and mill feed. We stir in enough of this to make a stiff mush, boil it well, cover it, and as we need it, feed it. In the winter when it is very cold, we take enough for one feed and place it into the mixing trough, put hot water on it, and put with such mill feed as we have at hand. This is the principal meal for the morning. At noon, we give about one quart of wheat to eight or 10 chickens, and in the evening we give about the same amount of corn. During the day we have mangels or rutabagas hanging around in their pens.—M. Harter, in The Epitomist.

### To Prevent Loss of Moisture.

Rolling is an advantage in preventing the loss of moisture from soils not compact enough to hold much water. The compacting of such soils by repeated rolling decreases the amount of water that passes through them and beyond the reach of roots. When the object of rolling is to save soil moisture, tooth harrow should be used if possible after rolling, so as to form a layer of loose soil on the surface; otherwise rolling will decrease the soil moisture. The roller should be used with caution on clayey lands. The purpose of using the roller after seeding during dry weather is to compact the soil, thus increasing the capillary action, which carries the necessary amount of moisture to the seeds to cause germination. The roller is sometimes used after the plants are up, which of course favors the rise of water to the young roots. The addition of humus to soils deficient in organic material will greatly increase their capacity for holding water. This may be supplied by using vegetable mold, cover crops, rotations, green manures, and stable manures. Soil moisture may be saved by other means but those mentioned above are the most important.

### Profit in Buttermaking.

To sell milk off the farm is to sell all the fertilizing elements there are in the milk, but these are not as great as those that were in the grain and fodder that the cows ate. Besides grain no small part of those elements are left in the manure heap; not quite as much of clover hay, yet more than of the grasses. If one is selling his milk he should determine that a part of the money he receives for it, shall be returned, either in grain bought and fed out, or in fertilizing material put upon the fields. Only in this way can the soil be kept up to its condition.

But one who keeps cows and makes butter at home, using his skimmilk for growing calves and hogs, and buys grain to feed out, will ever find his land improving, his crops growing larger if properly cared for, and he should grow richer by reason thereof if prices maintain their proper relation to one another. The man who sells milk may improve his farm and still make money if the milk prices are high enough, but we cannot help feeling that it is doubtful for those who have to sell at the prices established by the milk contractors who buy for our cities. When we sold milk at the prices we now pay for it, or from five to seven cents a quart, we thought it none too much, but we made a living at it. To have sold at prices paid by contractors for the supply of Boston would have soon meant bankruptcy for us, and we should have preferred to have brought out the tin pans, the churn and other apparatus in use in those days, and made butter again. Today, with more modern appliances, we think butter making should be much easier and more profitable.—Boston Cultivator.

### Grain for Cows on Pasture.

The majority of dairymen do not believe in feeding grain to their cows while on pasture, as they claim it does not pay. On the home farm we have fed grain to our cows the year round for several years, and a number of our most progressive neighbors have done likewise. Many people doubted the wisdom of such practice at first, but some of them are now following our example. A year ago I met one of our most successful dairymen on his way home from the station with a large load of corn meal and bran for his cows. I asked him if he was satisfied that it paid him to feed so much grain during the summer months. He said, "I do not think that I could afford to stop feeding grain to my cows while they are on pasture." I might say that this man has not only bought and paid for bran and corn meal for his cows, but with the net returns from his cows he has purchased and paid for three fine farms for his sons. His views coincide with mine exactly, for I feel that my father has made money by feeding grain to the cows while on pasture.

It is true, perhaps, that for a month or so, while the grass is plentiful and succulent, the cows will give as large returns without grain feed as with it, but during times of drouth an the fly season, grain fed cows will always hold their own much better than those not so fed. They also milk much better during the last few months of the lactation period. The quantity of grain to be used will depend to some extent on the condition of the pastures and the size of the cows. It is not generally advisable to feed more than from four to eight pounds per cow per day. The university dairy cows are fed daily from three to five pounds each of a mixture of equal parts of corn meal and gluten feed, depending on the size of the cow and the length of time she has been milking. Our large cows get more than the small ones, and we also feed our fresh cows heavier than those that have been milking several months.—W. J. Kennedy, in American Agriculturist.

### Important to Poultry Raisers.

The American Game Keeper, which from the name should be authority on the fowl subject, gives the following simple directions for protecting setting hens against lice and mites, which is their besetting annoyance: A cheap and easy method of destroying these pests and keeping them from the setting hens, it says, is to place one or two of the camphorated balls (such as those displayed in the windows of drug stores) in each nest. They cost very little and by putting them in the nest the work is done, a single ball lasting through the entire warm season.

Every time the hen goes on the nest she imparts heat to it, and a portion of the camphor odorizes her body and also the material of the nest; lice giving it a wide berth. One of the balls if placed in a vial of sweet oil and applied to the heads of the fowls and chicks, on the shanks or under the wings, will also prove serviceable in preventing scaly-legs and destroying the large lice.

For chicks only use one or two drops of the mixture, as grease of any kind is injurious to chicks.

If preferred a mixture may be prepared by using one part lard oil, one part linseed oil, a few grains of camphor and two or three drops of oil of sassafras, shaking the mixture well before using.

Whitewash the top and sides of the hen house and use plenty of carbolic acid in the wash; put it on thick over the roosts, nests, and every board, to kill the insect eggs, lice, mites, and germs of contagious diseases, if there are any, and to purify and keep things healthy.

Chicks will commence to scratch when they are but a day old, no difference whether they see the old hen scratch or not. If they are hatched in an incubator and reared in a brooder they will scratch just the same. This proves that scratching comes by intuition and is nature's plan whereby fowls may get their living. It is a sensible thing to believe that fowls should be made to scratch for nearly all they eat. Scratching will tend to make them vigorous and prolific.

### Farm and Garden Notes.

Early shearing gives more and better wool.

Corn fodder is excellent feed for horses, especially as a change of diet.

Each pigpen should be divided into two parts, one for sleeping and the other for feeding.

Liberal amounts of protein tend to increase the flow of milk and lessen the natural shrinkage due to lactation.

Salt, sulphur, charcoal, ashes and bone dust should occasionally be placed where the pigs can get at it.

Mutton growing, with wool as an incidental product, will continue to be the most profitable method of sheep breeding.

Farm yard manure or feeding highly concentrated foods on a pasture supply the most appropriate fertilizing elements for permanent pasture.

A growing pig must have food that will promote growth. Milk shorts, clover, peas, oats and a small allowance of corn will be found very satisfactory.

Wood and all materials that decay easily should be avoided in irrigation works as much as possible. Of course these must be used in many cases and in that event should be carefully watched.

The advantage of feeding silage over corn fodder is that there is practically no waste. To the one passing a dairy farm and noticing the cornstalks in the cow yard this fact is impressed upon them at once.

Richness in nitrogen may be measured in a large degree by the humus contained in the soil. Of course the stage of decomposition of this organic matter is an important factor in determining the availability of nitrogen.

Turnips and swedes draw their food supply from the surface soil. Their power of taking up nitrogen from the soil is greater than cereal crops. As a consequence clover and cowpeas should occur frequently in the rotation where turnips and swedes are grown.

### A Bad Break.

"Your wife seems to have taken a violent dislike to Meechem."

"Yes. When he was at the house the other day he leaned his head back against one of the ornamented tidies she keeps on the rocking chairs."—Chicago Tribune.


### Miss Fret and Miss Laugh.

Cries little Miss Fret,
In a very great pet:
"I hate this warm weather! It's horrid to tan!
It scorches my nose,
And it blisters my toes,
And wherever I go I must carry a fan!"

Chirps little Miss Laugh:
"Why, I couldn't tell half
The fun I am having this bright summer day!
I sing through the hours,
And cull the bright flowers,
And ride like a queen in the sweet-smelling hay!"

—Christian Register.

### What One Grain of Wheat Did.

Did you ever stop to think of the possibilities of a grain of wheat? We are so used to seeing the field sown with wheat and the crop come up and ripen that we quite forget how each little grain does a great work through the summer days in multiplying and adding to the farmer's harvest. A farmer near Phoenix, Ariz., planted one grain of white Australian wheat, and at harvest time from it had sprung 1360 grains of large, fat wheat. He planted ten acres of this wheat and harvested 177 sacks, each weighing 138 pounds. The single grain spoken of produced 36 stalks, so you see even a grain of wheat helps wonderfully.

### How Princes Are Punished.

That there is no whipping boy in Germany was evidenced the other day when the empress sent her eldest son, the future emperor, from the table on account of his rudeness. The prince, it appears, was unmannerly to a younger brother, and the empress, turning to the French tutor, who on that occasion had charge of the princes, said: "Monsieur, I beg that you will ask me to excuse his royal highness, the prince."

The tutor begged that the prince be excused, and that young gentleman was forced to leave the table without finishing his meal. It is well known that the royal boys of Germany have had to grin and bear many a sound flogging administered by the imperial hand, along with a vast deal of discipline from governors, tutors, etc.

A different state of affairs this from the time when a boy was kept to be punished instead of a prince. In England such a youth was called the whipping boy, and a famous English artist, W. A. Stacey, painted a portrait of Prince Edward, afterward Edward VI, trying to defend his whipping boy from a flogging which he himself deserved.

In those days a prince who was to be a king was looked upon and treated as a person of great importance. His person was held to be sacred, and so it would never have done to punish him. If an English prince missed his lessons, was rude to his teachers, or committed any of the other naughty tricks common to saucy children his whipping boy was flogged.—Cleveland Leader.

### The Life of Chinese Girls.

Many Chinese girls have bright, attractive faces, and all have black or very dark eyes. They wear their raven locks dressed in different ways, according to the province in which they live. In most parts the hair is drawn back and twisted into one heavy strand, which hangs down the back and is tied with scarlet cord. Frequently the front hair is cut in a fringe. Sometimes two plaits are made and bunched up at either side of the head, being decorated with gay flowers. At other times especially in the winter season, they wear a strange little headdress consisting of a silken embroidered band, with a thick black silk fringe hanging down over the forehead and ears.

When a girl is about 13 years of age her hair is put up in womanly style. It is twisted around curious wire frames of various shapes. Some are like butterflies' wings, others resemble a teapot handle. Again, girls wear enormous chignons, and Manchu girls have their hair tied in a large bow upon the top o' their heads.

Until their marriage most girls wear the hair in front dressed round, keeping the natural appearance of the forehead. After the wedding it is dressed square. This appearance is obtained by pulling out the hair round the forehead, making it look broad and high. Even little girls frequently wear heavy earrings, bracelets and rings if they belong to a rich family.

After the age of eight or ten the daughters of the wealthier classes are kept within the walls of their own homes. It is thought improper for them to be seen out of doors.

They have few amusements, and though they have not to endure the hard, grinding poverty of the poorer classes, their lives are much more cramped, and they have little variety in them. Some girls are taught to play on musical instruments, and to sing songs or selections from the classics in a high unnatural key, by no means attractive to our ears.

They spend much time in working embroidery. The paper patterns for these wonderful birds, flowers and figures are used in the ornamention of Chinese clothing can be purchased at embroiderers' shops, but the girls frequently originate their own designs.

Many women have helped to make the history of China, and stories are related of the various virtues possessed by heroines of past ages.—New York Tribune.

### How Fred Crossed the River.

Fred's father was going to Mexico to examine a silver mine and Fred was going with him. They expected to travel four weeks horseback and camp out every night, and every boy in Fred's school wished his father bought mines.

They went by rail to the city of Chihuahua; there Mr. Bell bought their outfit for the journey of 300 miles into the mountains. There was a stage-coach for 150 miles, but as Fred was not very well his father decided to give him as long an outing in the mountain air as possible. So they were to go all the way horseback. Mr. Bell bought two mules for himself and Fred to ride, as mules were safer in the mountains than horses, and he bought four burros to carry the packs of bedding, clothing and provisions.

There were two mozos, Mexican servants, who went afoot to take care of the pack-burros and to prepare the meals.

The second day, about noon, they reached the Santa Ysabel river, and found that the early rain in the mountains had swollen the stream so that it could not be forded.

What was to be done? Fred and his father sat on their mules, on the bank, and looked in dismay at the flood of water that dashed and foamed past them.

Finally some men who saw them from a neighboring ranch and told them they could get the burros across, by letting them swim, and swimming at their heads to help them.

So the burros were unpacked and the packs divided to make them lighter. Each bundle was wrapped in oil-cloth and tied securely. Then a rope was fastened to the burro's head, one of the men took hold of the other end, the animal was led into the water, and both the man and the burro swam across. The burros had to swim very hard to keep from being washed down the stream, but the men who swam with them helped them by keeping their heads turned toward the current, and they all crossed safely. But they had to make three trips to carry all the packs across.

Fred and his father, who had dismounted to give what help they could, stood and watched them until everything was on the other side. Then Fred mounted his mule, to swim across. His father told him to hug the animal with his legs so that he would not lose his seat in the saddle, to keep his mule's head turned up-stream, and not to be afraid.

Fred said he wouldn't be afraid, and urged his mule into the water, and they started all right. But before they were half way across the river something happened. Fred never knew just what it was. But suddenly, the mule's head was turned down-stream and they were whirling along with the current, sometimes endwise and sometimes sidewise.

Mr. Bell shouted to Fred to turn the mule's head up-stream, but the water made so much noise that the little fellow could not hear, and he would have been unable to obey if he had heard. The mule made many frantic efforts to recover control of himself, but the stream was too powerful; and he always ended by whirling along as before, sometimes endwise, sometimes sidewise. Fred clinging fast hold with both arms and legs.

Mr. Bell ran along the bank on his side of the river, trying to think of some way to help Fred, and the Mexicans ran shouting along the bank on their side. But Fred and his mule continued down stream at a speed that Fred thought must be equal to that of an express train, though it was really not so fast that his father and the Mexicans could not keep up.

About half a mile below the ford, the river made an abrupt turn to the right, and just at the turn the lower bank was quite flat and sandy. Mr. Bell was very anxious about what might happen when the boy and mule reached the swirling water of the bend; but luckily the two were dashed along close to the lower bank, and when the mule felt the sandy bottom beneath his feet, he made a great effort and partly scrambled, and partly was dashed by the water, up on the bank—and then he staggered along for a few feet and sank down on his knees, just as the Mexicans came running up.

Fred slid off the mule's back dripping, entirely unhurt though feeling rather dizzy, and waved his hand to his father, which was the same as if he had said, "I told you I wouldn't be afraid!"—The Favorite.

### Crows at the National Capital.

A well-known supreme court official was busy at his desk the other day when his attention was attracted by the cawing of crows near the roof of the capitol. The cries were so frequent and loud that he concluded there must be something unusual going on. Looking out of the window, he saw two big black fellows alight on the roof near by and begin to claw in a rain-spout. They soon had a nest of young sparrows exposed, and it took only a few moments to dispose of the whole sparrow brood.—Washington Star.

### The World's Smallest Journal.

Probably the smallest journal in the world is El Telegrafo, Guadalajara, Mexico. It appears every Sunday, and is published in eight columns, 14 1-2 inches long and 1 1-2 inches wide, on thick manila paper. Its staff includes an editor and director, an administrator or business manager, the printer and last but by no means least the capitalist or owner.

Kaolin has been recently found in the Cumberland valley, Pennsylvania, and the industry is being extensively developed.